

RECREATION MATTERS

Programming for Adults of All Ages



DANIEL HARRIGAN, MAYOR

City of Akron
Dept of Neighborhood Assistance
Recreation Bureau

Active Adult Division

November 2016

It's Native American Heritage Month!

Daylight Savings Ends November 6.

Election Day is November 8.

Veteran's Day is November 11.

Thanksgiving is November 24.

220 South Balch Street, Akron, OH 44302

(330)375-2839 (330)375-2852



akronohio.gov/activeadults

facebook.com/CityOfAkronAdultRecreation

City buildings, including Community Centers, may close or have shortened hours on holidays.

Dinner & a Movie ~ *Christine*

Thursday, November 10

Dinner—4:30pm at Crave, 57 E Market St, Downtown Akron

Movie—6:00pm at Nightlight Cinema, 30 N High St, Downtown Akron



Get together for some great food at Crave, a great movie at the Nightlight and then some more great food and/or conversation at Crave. *Christine* is an unsettling portrait of a highly driven woman working in a 1970s newsroom who unravels under pressure from her boss to cover more sensational and violent stories and from strained relationships with a male coworker and her flaky mom. It's based on the true story of a Hudson, Ohio woman.

Tickets are **\$9** (\$8 for Seniors), and you can spend what you want on food and drinks. Please sign-up for dinner and/or the movie. Then send a check for your tickets made out to City of Akron to Adult Recreation, attention Lisa, 220 S Balch St, Akron OH 44302. This is a self-drive activity; parking is available in the High/Market deck, on the street or with a valet.

Call Lisa at 330-375-2852 to sign-up ASAP as tickets are limited.



Let's Do Lights - 800,000 Lights

Thursday, December 8

4:30pm at Firestone Park Center, 1480 Girard St

4:45pm at Northwest Family Center, 1730 Shatto Ave



Join Elaine on the trolley for our second trip to **Deck the Halls, where the grounds of Stan Hywet will be ablaze with beautiful holiday lights.** The courtyard will be home to a life-sized animatronic Rudolph and a new animated window. The **Dazzle choreographed light show** will entertain us with new holiday songs and the Conservatory will feature the poinsettia tree as well as a garden under glass. **Molly's Shop & Cafe** will have holiday merchandise, hot beverages and snacks available for purchase. And the manor house will have well known books like Frosty the Snowman and Elf on a Shelf brought to life. We had a wonderful time last year. If you didn't join us, consider the trip this year. It is well worth it!

Admission is **\$14** (\$6 for individuals with special needs), payable on the 8th. This is a discounted group rate. If you prefer to drive yourself, you still must register for the trip.

Sign-up for this activity with Lisa by calling 330-375-2852.

Fun in the Kitchen with Rosemarie

Monday, November 14 at 12:00pm
Ellet Center, 2449 Wedgewood Dr

Impress your family and friends this holiday season with Rose's **pumpkin dip** and a rustic **pumpkin-apple galette**. You'll sample both dishes and take the recipes home.



The **\$5** class fee must be paid by the **registration deadline of November 8.**

Monday, December 19 at noon
Ellet Center, 2449 Wedgewood Dr

Get into the holiday spirit by decorating **Christmas cupcakes!** Dress festively, and bring a container to take your cupcakes home. You'll also get Rose's cupcake recipe.



The **\$5** class fee must be paid by the **registration deadline of December 13.**

Please allow 2 hours for all cooking classes.
Call Lisa at 330-375-2852 to sign up.

Get Recreation Matters Electronically

Get Recreation Matters emailed to you each month; just **send your email address to Lisa at LEllis@akronohio.gov.**



Remember to follow us on Facebook at
www.facebook.com/CityOfAkronAdultRecreation.



Women in Nature

We celebrated 100 years of our National Parks this October at Women in Nature and had a wonderful time connecting with nature and with each other! The new location was

picturesque and comfortable. The food was great, from lasagna to herb and mustard roast beef to mac & cheese to maple glazed butternut squash with cremini mushrooms. We enjoyed live bluegrass music in the historic GAR Hall, caught the end of the Tribe game, did yoga, made a nature necklace and magnet, toured Peninsula with a stop at beautiful Brandywine Falls, tried line dancing and a drum circle, took a great ghost walk at Kendall Lake, had a camp fire, did some stretching and a guided meditation, and heard from a Natural Health Specialist who had some aromatherapy oils to try.

Save the date for next year's Women in Nature! We'll be staying at the Cuyahoga Valley National Park's White Pines campus, just down the road from where we stayed this year, from September 29 through October 1, 2017. White Pines will have the same great food, comfortable beds and easy trails, but everything is a little closer together with the bedrooms, dining room, kitchen, and meeting room all in the same building. There are even bathrooms upstairs and down! If you didn't make it out this year, we hope you can join us next year. If you did come this year, we look forward to seeing you next fall!

If you want to see what amazing things our National Parks have to offer, visit www.FindYourPark.com.

Call Lisa at 330-375-2852 with questions or to sign-up for 2017.

Vicki's Creative Circle

Clay Ornaments ~ \$10 for several ornaments

Nov. 3 at 10:00am—Reservoir Park, 1735 Hillside Terrace 330-375-2802

Nov. 16 at 6:00pm—Northwest Center, 1730 Shatto Avenue 330-375-2849



Use Creative Paper Clay (air dry clay) to create unique ornaments or gift tags with natural impressions. If the weather is nice we'll walk around to collect a few items—otherwise some will be available and you may bring some in. All supplies and instruction will be provided. Please bring some type of flat tray to carry your pieces home, as they won't be totally dry.

Fabric Mum Pin ~ \$10 for 2 pins

Nov. 14 at 6:00pm—Ellet Center, 2449 Wedgewood Drive 330-375-2809

Nov. 10 at 6:00pm—Kenmore Center, 880 Kenmore Boulevard 330-375-2812



One symbol of the fall season is the mum, but you won't see mums like these in your garden! We will be shaping, cutting, folding and stitching layers of fabric to create a unique accessory for your wardrobe. The centers of the flowers will be decorated with unique cast-off jewelry pieces or buttons. All supplies and instruction are provided. You should be able to finish both pins during the class time.

***Special Bonus Class* Mixed Media Gift Tags ~ \$5 for several tags**

Nov. 9 at 6:00pm—Ellet Center, 2449 Wedgewood Drive 330-375-2809

Make several gift tags for the holidays, birthdays or other gift giving occasions. We will have paper, ink, stamps, and all sorts of mixed media supplies available. Please wear clothing you don't mind getting dirty.

Save the Dates for December's projects!

Dec. 1 at 10:00am—Reservoir Park

Dec. 14 at 6:00pm—Northwest Center

Dec. 8 at 6:00pm—Kenmore

Dec. 12 at 6:00pm—Ellet Center

Please allow 2 hours for each class and bring reading glasses as needed.

Sign-up with the Center where you would like to take each class.



Habla Espanol~Winter Session I

Thursdays (December 8 - February 2), 12:30pm—1:45pm
Ellet Community Center at 2449 Wedgewood Drive

Join in or continue with this **8 week Conversational Spanish Group**. It's perfect for people who already know a little Spanish and a great way to learn more or to keep your Spanish speaking skills strong by practicing what you know. The group will be lead by a native Spanish speaker who speaks English fluently.

December 8—Meet the group at Taqueria La Loma (Taco Restaurant) at 459 Darrow Road, Akron 44305 to practice your Spanish in a real world setting. There's no extra cost, just bring money for whatever you'd like to order for lunch.

December 22—No class due to the holiday.

The cost for all 8 weeks is only **\$20**. Mail your check or money order payable to City of Akron to Adult Recreation, attention Lisa at 220 South Balch Street in Akron 44302.

Call Lisa or Rosemarie at 330-375-2852 to sign-up.

Adult Fitness Class Passes

Attend as many classes as you choose for one low price!

Passes are valid for all of the adult classes listed on pages 4 and 5.

Purchase a pass at any of the centers where classes are held or from the Active Adult office on Balch Street with a check or money order made payable to the City of Akron.



Buy a 6 month Pass for \$40 or a 1 year Pass for only \$60!

**Adults 65 and older may buy a
6 month Pass for \$30 or a 1 year Pass for \$45!**

For information about passes or classes contact Sally at 330-375-2839.

Aqua Boot Camp

A Low-Impact Full-Body Workout in the Water



**Monday, Wednesday, Friday
& Saturday at 12:00pm**

Balch Street Fitness at 220 S Balch St

Pilates

Non-Impact Resistance Strengthens &
Lengthens Muscles, Improving Balance,
Flexibility & Posture **Bring a Yoga Mat**

Monday at 5:00pm

CitiCenter at 146 S High St (4th floor)

Monday at 6:30pm

Firestone Park Center at 1480 Girard St

Oct. 31's class will be held on Nov. 2

Tuesday & Thursday at 7:15pm

Balch Street Fitness at 220 S Balch St

Thursday at 12:15pm

CitiCenter at 146 S High St (4th floor)



Tighten & Tone

Core Building to Improve Posture
& Shape Muscles

Bring Weights, Water & a Mat

Tuesday & Thursday at 6:00pm

Ellet Center at 2449 Wedgewood Dr



Circuit Interval Training

Cardio combined with strength & core training,
including weights, battle ropes, mat work &
more, for individuals at all levels

Tuesday & Thursday at 10:30am

Balch Street Fitness at 220 S Balch St



Yoga

Restorative Stretch to Build Strength

Bring a Yoga Mat or Use a Chair

Monday at 9:00am

Ellet Center at 2449 Wedgewood Dr

Monday & Wednesday at 12:00pm

CitiCenter at 146 S High St (4th floor)

Monday at 4:00pm

Firestone Park Center at 1480 Girard St

***NEW* Monday at 5:30pm**

Patterson Park Center at 800 Patterson Ave

Tuesday at 1:00pm

Lawton Street Center at 1225 Lawton St

Wednesday at 10:00am

Reservoir Park Center at 1735 Hillside Terr

Chair Yoga: Wednesday at 12:00pm

Northwest Family Center at 1730 Shatto Ave

Wednesday at 5:30pm

Ellet Center at 2449 Wedgewood Dr

Thursday at 9:30am

Kenmore Center at 880 Kenmore Blvd



Active Adult Aerobics

Low-Impact, Perfect for Beginners & Seniors

Monday & Wednesday at 9:30am

Northwest Family Center at 1730 Shatto Ave

Monday at 11:30am

Lawton Center's Red Pepper Steppers
at 1225 Lawton St

Tuesday & Thursday at 9:00am

Ellet Center at 2449 Wedgewood Dr





Zumba Gold

Show Aging Who's Boss in This Lower Impact Dance-Fitness Class

Monday at 9:00am

Reservoir Park Center at 1735 Hillside Terr

Friday at 9:30am

Northwest Family Center at 1730 Shatto Ave

Friday at 5:00pm

Balch Street Fitness at 220 S Balch St



Zumba for Beginners

Learn Up-Beat Dance-Fitness Zumba Moves, Slowed Down & Broken Down for Beginners

Thursday at 5:00pm

Ellet Center at 2449 Wedgewood Dr



Zumba

Exciting Up-Beat Dance-Fitness Workouts

Wednesday at 6:30pm

Northwest Family Center at 1730 Shatto Ave

Wednesday at 6:30pm

Ellet Center at 2449 Wedgewood Dr

Thursday at 10:15am

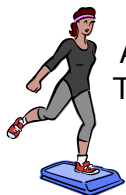
Ellet Center at 2449 Wedgewood Dr

Zumba Step

A Blend of Zumba & Step Aerobics Tones & Strengthens Glutes & Legs

Thursday at 12:00pm

CitiCenter at 146 S High St (4th floor)



It's Diabetes Awareness Month.
Did you know that exercise is key to keeping your blood sugar at a healthy level?



It's International Drum Month!
(Again)

Did you know that drumming can lower blood pressure; reduce stress, anxiety, depression and chronic pain; and can boost the immune system? There are many local drum circles in our area. Google it sometime and try it out.

Walk Your Way To Fitness

Dynamic Walking with Weights & Stretching for a Gentle Total Body Workout

Monday, Wednesday, Friday at 11:00am

Balch Street Fitness at 220 S Balch St



Adult Tap Class

Fun Intro to Tap Dance for All Ages

Wednesday at 7:15pm

Northwest Family Center at 1730 Shatto Ave

For more information call (330) 375-2849



Hip Hop Aerobics

An Energetic Collection of Urban Street Dance Styles to Keep You Fly

Monday & Wednesday at 6:00pm

Balch Street Fitness at 220 S Balch St



Cardio Rhythms

Fun High Energy Cardio to Burn Calories

Monday at 6:00pm

Ellet Center at 2449 Wedgewood Dr

Tuesday at 10:15am

Ellet Center at 2449 Wedgewood Dr

Tuesday & Thursday at 6:00pm

Firestone Park Center at 1480 Girard St



Step Aerobics

High Energy Combo of Step, Abs & Weights Strengthen, Sculpt & Add Stamina

Tuesday & Thursday at 6:30pm

Balch Street Fitness at 220 S Balch St



Hikes for Health



These fun, fitness-oriented hikes were held on Tuesday evenings, June through September. This summer the group went on 17 hikes covering 51 miles which burned 8,113 calories. Kudos to Leslie Matheny, our Hiker of the Year, who went on all but 2 hikes. Great job Leslie!



In Plain Sight

Wednesday, Nov 16 at 6:00pm
Mason Park Center 700 E Exchange

In this free program for parents, APD will show you how to recognize the drugs and alcohol hiding in plain sight in your kids' rooms.



Call 330-375-2821 for more info.



Jigsaw Puzzle Club

Tuesdays, 12:00-1:30pm
Ellet Center
2449 Wedgewood Dr

Enjoy coffee and conversation while doing one of America's favorite pastimes! Join the Ellet Center's newest club. Bring your favorite puzzle or one that you're working on, and feel free to bring a snack to share.

Puzzles will not be stored at the center, nor will roll-up mats be provided.

Call 330-375-2809 for more info.



Travel with the Ed Davis Seniors

To Wildwood, NJ in June of 2017

This trip includes an outing to Atlantic City resorts, 2 evenings of entertainment, 5 side trips, 4 breakfasts and 4 dinners for \$480. A \$60 deposit is required to hold your spot. Make checks payable to Ed Davis Seniors.

Contact Jean at 330-535-6327,
Terry at 330-865-3675 or
Bea at 330-867-4695 for info.

Crochet Club

Wednesdays, 10:00am
Patterson Park Center
800 Patterson Avenue



Learn the handicraft in which yarn is looped with a hooked needle to make patterns. Create conversation pieces for you or your friends. Instructions are free. Some supplies are on hand to borrow and use, but it's recommended that you bring supplies.

Call 330-375-2819 for more info.

Open Craft Studio

Thursday Nov 10 & 17, 10:00-noon
Northwest Center
1730 Shatto Avenue



Bring your own project or use our supplies for a nominal fee. Vicki will be there to help and

craft along with you. Some leftover supplies from previous classes will be on hand for \$10. Please call if you wish to make a specific project to check availability.

Call 330-375-2849 for more info.

Open Game Day

Thursday Dec 1, Jan 5, Feb 2
at 1:00pm

Firestone Park Center
1480 Girard Street



Join Firestone Park Community Center and Firestone Park Branch Library for a fun afternoon. If you're looking to play cards or board games with someone this free program is for you. Please join us!

Call to RSVP or just show up that day.

Call 330-375-2806 for more info.

Program Policy

You must register and send your payment to the listed address as instructed for all activities requiring advance payment. If your payment is not received before the scheduled activity, you may not be able to participate. **All program fees are nonrefundable.** If cancelations are made by the Recreation Bureau refunds will be issued.